

Title: Basic Kitchen Skills Subject/Course: Pro Start  
 Recipes,  
 measurements, knife  
 skills, mise en place,  
 Topic: and terminology Grade (s): 10-12 Designer (s) Ilene Lerseth, Kathy Engst, & Joline Dunbar

### Stage 1: Desired Results

#### Core Standard(s):

Demonstrate basic kitchen skills used in food preparation.

#### Understandings: Students will understand that....

Basic culinary skills are necessary for success in food preparation.

#### Essential Question(s):

What are basic food preparation (culinary) skills?

What culinary skills are necessary for success in the workplace?

#### Students will know....

Terminology: Recipe, Measurements,  
 and knife skills  
 Measuring skills  
 Recipe skills and Equivalents

#### Student will be able to .....

Select, interpret, and prepare recipes.  
 Demonstrate mise en place.  
 Demonstrate proper measuring skills.  
 Demonstrate knife skills.

### Stage2: Assessment Evidence

#### What evidence will show that students understand?

x Performance Task	Project	Quizzes
➤ Monster Cookie Lab		➤ Knowledge of Chapter Content
➤ Stir Fry Lab		
x Tests	x Informal Observations	Discussions
Unit Exams	➤ Checklist of lab skills	
	➤ Measuring skills	
Interviews	x Self-Assessment	x Other Demonstrations
	➤ Lab evaluations	➤ Knife skills
	➤ Knife skill lab	➤ Measuring

### Stage 3: Learning Plan

#### Motivation – Introduce and Explain

1. Class room visit and demonstration from a professional chef.
1. Food network video clips showing a professional chef in action.

#### Model:

- 2, 3, 4, 6. Pro Start Transparencies
6. Knife skills Demonstrations (Guest Speaker)
3. Measurement Demonstrations
- 3, 6. Power points
- 2, 3, 6. Software
3. Measuring Skills in the Kitchen Video's / DVD's
- 1, 2. Internet

#### Guided Practice:

3. Equipment use of scales
- 3, 6. Labs
  - Monster Cookies
  - Vegetable stir fry

#### Independently Practice:

6. Knife Skills Labs

#### Reflection/Assessment:

- 3, 6. Evaluation on food labs.
- 2, 4, 7. Quizzes, games, test.

## Classroom Implementation Suggestions

### Unit of Instruction and Resources

(Steps of instruction to gain big understandings and answer essential questions)

1. Introduce students to culinary arts. Ex: 1. speaker – chef, restaurant owner/manager, caterer, etc. (anyone working in food service industry).  
Example: Invite a guest speaker to class to excite the students about culinary arts. Also possibly prepare a demonstration lab for the students or tape something from the food network food presentation.
2. Terminology: Recipe and Measurements – worksheets, crossword puzzles, lecture, Quia games  
<http://www.quia.com/ba/120224.html> ; OJ software Measure Right  
[http://www.ojsoftware.com/xcart/home.php?cat=248&sort=price&sort\\_direction=1](http://www.ojsoftware.com/xcart/home.php?cat=248&sort=price&sort_direction=1)
3. Measuring skills – Measure Up in the Kitchen (Learning Seed - <http://www.learningseed.com/pc-14-11-measure-up-in-the-kitchen.aspx>) video, demonstrations, Pro Start Culinary Essentials I power point, Sous Chef software, lab (Ex. Monster Cookies lab), practice use of measuring tools (scales, liquid, dry, etc.)
4. Recipe format, components, and conversions - <http://www.quia.com/jg/1174450.html> Equivalent Matching activity, Around the World measurement activity (hand out).
5. Mise en place – critique a cooking show, talk about examples of mise en place
  - set up two labs – one organized and one not organized, compare the difference
  - board game called “mise en place” – from Culinary Essentials brochure
  - part of evaluation for each lab.
6. Knife skills – have a chef or other expert come in to demonstrate knife selection and skills
  - Knife cut models [http://www.ardculinary.com/products\\_ModelSetIV.html](http://www.ardculinary.com/products_ModelSetIV.html)
  - Terminology: knife cuts
  - video/power point (Sous Chef materials) Basic Knife Skills Pro Start power point
  - lab practice (use a ‘knife cuts sheet to have students match up correct cuts so they self evaluate)
  - stir fry lab
  - ongoing in labs
7. Unit assessment.  
Worksheets, quizzes, and test.

Additional demonstrations possible in this unit:

- a. clarifying butter (could be used in stir fry as the oil or in a puffy omelet)
- b. separating eggs
- c. whipping egg whites
- d. whipping cream
- e. labs: puffy omelets, meringue, angel food cake, etc.
- f. <http://resources.mcce.org/resources/?subj=Family+%26+Consumer+Sciences&subset=Nutrition+Science>  
free video resource site